

Helpful Suggestions for Dialogue

- Ignore grammar or spelling mistakes, they aren't important.
- Don't bring up old hurts or mistakes ("garbage dumping").
- "Why" and "because" don't belong in your dialogue; there is no need to justify your feelings.
- Keep the focus on_your feelings by using_"I" messages instead of "you" messages.
- Avoid blaming others for your feelings or behaviors (phrases like "You make me feel" or "I feel like this because you did/ didn't do something").
- Whatever your spouse writes has value no matter how much is written.
- Avoid making critical judgments.
- Allow your spouse to share without interruption.
- Don't expect your spouse to change simply because you shared your feelings.
- Spend your full time together talking about and continuing to draw out the feeling you decided to explore.